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SIGMA THETA TAU INTERNATIONAL
HONOR SOCIETY OF NURSING

The Pillar



Newsletter of the Lambda Pi Chapter, University of Toronto Faculty of Nursing

Volume 8, Number 2

Spring 1998

Introducing Lambda Pi's Newest President Janice Waddell RN, MA, PhD (Cand)

Earlier this month, Lisa Pearlman RN, MN, had an opportunity to speak with Janice Waddell about her upcoming role as President of Lambda Pi, her mission and her vision for the future.

I am privileged to introduce Janice Waddell to all Lambda Pi members, although the word "introduction" seems inappropriate as Ms. Waddell is no stranger to Lambda Pi or Sigma Theta Tau International. Ms. Waddell was first inducted to Sigma Theta Tau, Iota Omicron chapter, while on faculty of the School of Nursing at the University of Western Ontario. She joined Lambda Pi Chapter when she moved to Toronto.

Ms. Waddell's involvement and active participation with STT grew out of her commitment and dedication to lead others to value and recognize the excellence of nursing. In 1995, Ms. Waddell first served on the Board of Directors of Lambda Pi as President-Elect where she initiated the process of establishing the Ryerson Polytechnic University School of Nursing Honour Society. Ms. Waddell has remained actively involved with the Honour Society Steering Committee and continues to collaborate with Lambda Pi Chapter in promoting nursing scholarship at both universities.

Ms. Waddell first entered the nursing profession in 1978 after completing her baccalaureate at the University of Alberta, Faculty of Nursing in Edmonton. She developed her clinical practice in child and adolescent psychiatry, working as a staff nurse and nurse manager. From there she earned a graduate degree in counselling psychology and education from the University of Victoria. In 1989, she entered into doctoral studies at York University and she will defend her dissertation "The Sibling Relationship As A Moderating Factor For Children Who Have Witnessed Family Violence", in June, 1998.

Ms. Waddell's career focus for the past fifteen years has been in nursing education where she has held positions at the University of Western Ontario, Humber College, and the Hospital For Sick Children. She is presently an Assistant Professor at Ryerson Polytechnic University School of Nursing. In her spare time (in addition to being a mother of two), Ms. Waddell is an Associate of Donner & Wheeler, a firm specializing in career planning and development.

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Sigma Theta Tau, Lambda Pi Chapter Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location</u>
May 20, 1998 1900 hrs	Lambda Pi 8th Annual Induction Ceremony <i>Late Night Musing on Nursing Education by an Aging Dean</i> <i>Guest speaker, Dorothy Pringle, RN, PhD</i>	Mount Sinai Hospital Auditorium 600 University Ave, Toronto
July 13-14, 1998	Sigma Theta Tau International Tenth International Nursing Research Congress	Utrecht, The Netherlands
December, 1999	Sigma Theta Tau International 35th Biennial Convention	San Diego, California

Lambda Pi's Newest President (continued from page 1)

Ms. Waddell's publications are diverse and represent her involvement in education, career planning and development, and psychology. Currently, Ms. Waddell's research activity is focussed on her PhD dissertation. She has research interests in: 1) the impact of early introduction of career planning and development curriculum on students' academic and professional career paths; 2) a collaborative project examining a health promotion community outreach program for adolescents; and 3) is involved with faculty colleagues examining the experience of problem-based learning as a teaching and learning strategy.

As incoming president of Lambda Pi, Ms. Waddell speaks with great admiration of the work that Dr. Gail Donner and the past Board of Directors have achieved in making STT an accessible forum for the professional identity and growth of all nurses. "To ask nurses to invest in their profession is to ask them to take on more than they may feel they can manage given the current demands of the work environment. My goal is to continue to forge ahead in making the goals of STT relevant to the experiences of nurses and in doing so, to acknowledge and recognize that the valuing of our profession can make a difference in every day work. Sigma Theta Tau provides that forum for nurses to recognize excellence in one another....to do so in a way that conveys our value, not only within the profession but on the outside, to our colleagues and the public".

Recognizing that the nursing work force is complex and diverse, Ms. Waddell is acutely aware of how difficult it is for every nurse to make a contribution. Yet, her vision is to have any contribution recognized at an individual, professional, and organizational level. "It is an honour to lead and facilitate a process where nurses can mentor and support one another as a collective force. Going through the process of being a part of Lambda Pi and STT is about taking risks, actively participating, and demonstrating commitment".

President's Message

by Gail Donner

THANK YOU ALL VERY MUCH! This is my last message as your president. At induction on May 20th, my term will end and Janice Waddell will become the President of Lambda Pi. It has been a terrific experience, with very many high points. I want to name just a few.

I've had the opportunity to work with four terrific Boards. Everyone has been busy, but never too busy to do one more thing; and everyone has done their best. I've learned more about and participated in STT International: to be a member of the Committee and have also run (although not been elected) to the international Board. I've attended and voted at two biennial meetings and been proud to see Lambda Pi members presenting scholarly papers at those meetings. I've loved inducting a large number of new members and officers while trying comply (not too much though) with the protocol defined by "headquarters." And, trite as it may sound, I've enjoyed most yet another chance to work, talk, laugh and play with nurses, Lambda Pi members and others.

I can't thank each of you who have helped so much by name in this small space--you know who you are and I will have to find other ways to say thanks. There is however, one person I will name. Dot Pringle, Dean of the faculty of Nursing at the University of Toronto has been a constant support, providing advice, encouragement and resources. I couldn't have done it without Dot's help. Thanks, Dot.

Thanks again to all of you and good luck Janice. I look forward to helping us move to the next stage in Lambda Pi's development, the expansion to Chapter at Large with Ryerson. I hope to see you on May 20th!

Chapter Information

General Information

Information about events and all related applications are available from the Faculty of Nursing, University of Toronto. Please leave a message with your request for Linda Williams at 416-978-8318.

Bulletin Board Communications

The Lambda Pi chapter has a bulletin board located at the Faculty of Nursing, 50 St. George Street, on the second floor beside Room 204. Currently posted on the board is:

- a copy of the Keynote address delivered by STTI President Melanie C. Dreker at the 1996-97 Regional Assemblies entitled "Clinical Scholarship: The Key to Survival in an Era of Managed Care"
- information related to accessing the Virginia Henderson International Nursing Library
- information related to Tenth International Nursing Research Congress in July 1998
- preliminary notice of 35th Biennial Convention
- a list of upcoming monographs from STTI's Nursing Press Center
- catalogue of STT products

Invitation to Chapter Events

A reminder that all chapter events are open to members and their invited guests. Please feel free to bring a friend or colleague to all local sessions.

Headquarters Info Line & E-mail

Members can contact Sigma Theta Tau International Headquarters in Indianapolis directly by calling: **1-888-634-7575** or e-mail at: **stti@stti-sun.iupui.edu**

Free Access

Effective January 1, 1998 members can use their STT membership number to enjoy free access to the Registry of Nursing Research in the Virginia Henderson International Nursing Library. Look for details on the Bulletin Board or in upcoming issues *Reflections* and *Image: Journal of Nursing Scholarship*.

Fall Program: Guest Speaker, Dr. Ginette Rodger Nurse Client Interaction: Theory Development and Testing

by Pam Hubley, RN, MSc.

Members of the Lambda Pi Chapter were treated to a delightful presentation by Ginette Rodger, RN, PhD at the fall meeting. Ginette, a well know nursing leader, recently completed her doctoral studies with an emphasis on investigating the Nurse-Client Interaction.

Building on the work of other nursing theorists and the instructive methods of theory development (observation, phenomenon description, compare & contrast, analogy, & labelling) described by A. Meilis, Ginette used a modified practice strategy to begin her study. Three in-patient acute care units (cardiac catheterization, general medicine, & pulmonary medicine) were used to observe nurse-client interactions (NCI). In each of these units Ginette observed the NCI at the beginning of the shift, and during physical care and verbal communication throughout the shift. She concluded that the client action/outcome was directly effected by these three specific NCIs. The nurses who had limited connection to the patient, who limited physical contact and information sharing by focusing solely on the task at hand did not become engaged in the caring process. It seemed to Ginette that even the most positive types of interactions, if they were not completed by a nurse who demonstrated what she called the "Z" attributes of kindred spirit, trust, therapeutic use of self, spirituality, interrelatedness and connectedness, did not lead to excellent outcomes. In other words, some RNs were more able to engage clients and achieve excellent outcomes than other RNs. The obvious question became: How do nurses get this "Z" factor?

In order to further explicate the "Z" phenomenon, a middle range theory needed to be developed... and so, Ginette set out to study patient outcomes and "Z" RN's clinical competence. She found that the "Z" characteristics were always present in these nurses, that is they were able to set aside their own egos and unconditionally accept the client in all circumstances, therapeutically using themselves as a tool in the process of the clients care. These existential abilities in the nurse allowed the clients to develop a sense of purpose, a sense of benevolence, a sense of competence, a welcoming acceptance of the nurse, relaxation and the ability to contribute to the interaction. In a sense, the client surrendered to the moment and the nurse and client developed a synchronicity that allowed the work to be done in a respectful and meaningful way.

In order to test this theory a single subject withdrawal design with repeated measures was developed. A Cancer Centre was used as the setting. All clients enrolled in the study were observed during a stressful event (a painful dressing change with morphine administered) with various "Z" and non-"Z" nurses. Client outcomes were measured in a biophysical psychoemotional manner. Physical measures included; muscle contraction (tension) by EMG on the frontalis muscle, vital signs, and skin temperature; behavioural observations were recorded on video tape; and emotional measures included a series of client completed anxiety tests. The results showed that there were no changes in the physical measures depending on which type of nurse was doing the treatment. However, there was a statistically significant difference in the anxiety scores of the patients depending on the RN, with the lower anxiety scores reported by clients who had "Z" nurses. Additionally, some positive correlations were found between the "Z" nurses and positive client behaviours and between non-"Z" nurses and negative client behaviours.

The next steps in Ginette Rodger's work is to further test this theory by repeating the design with a healthy population and the same stressors. As well, she will try to answer the following questions: Does this happen with other professional groups? Is this phenomenon acquired or innate?

Report on the Biennial Convention

by Linda McGillis-Hall

The 34th Biennial Convention & 75th Anniversary celebration of STT International was held in Indianapolis, Indiana from December 2 to 6, 1997. The convention began with an INFO EXPO! on Tuesday, December 2. The INFO EXPO!, a unique opening day event, featured the latest in health care communications for education, practice, administration, and research. A keynote address entitled: "Innovative Technology in the Care of Children - A Partnership in Practice" presented by Kathleen Capitulo, MS, Clinical Director, Maternal Child Care Center, and Regina "Terry" Novak, MSN, Clinical Nurse Manager, Mt. Sinai Hospital in New York, was enthusiastically received by the more than 2500 STT members attending the convention. Concurrent sessions throughout the day focused on using technology: (a) to access information, (b) to communicate, and (c) to teach, followed by the presentation of the media and technology awards. The opening day closed with the 75th Anniversary keynote entitled: "The Spirit of STT" presented by Sr. Rosemary Donley, PhD.

The scientific sessions appropriately labelled "Scholarship of Discovery" opened on Wednesday, December 3, with the Awards presentation followed by the Research Poster session. The concurrent sessions ran throughout the day, and included a paper entitled "Chronically Mentally Ill Individuals Re-entering the Community After Hospitalization, Phase II: The Urban Experience" by Lambda Pi chapter member Barbara A. Johnson, RN, MScN. As well, Lambda Pi chapter members and students in the doctoral program at the Faculty of Nursing, University of Toronto, Denise Guerriere, RN, MSc, and Heather Beanlands RN, MScN, had posters on display based on their doctoral studies. Twenty-four different program sessions were held on Thursday, December 4 under the theme of "Scholarship of Care" following a keynote address by the Honourable Shirley Chater, RN, PhD. On Friday, December 5 the chapter leadership sessions were held providing members with the opportunity to learn more about developing individual chapters. The convention ended with the House of Delegates business which was conducted on Saturday, December 6. A resolution was passed to increase the membership fees by \$10.00. Chapter President, Dr. Gail Donner was a candidate for a position as Director on the Board of STT International. Although we ran a strong campaign, competition was stiff and Gail was not elected. She will continue as a member of the International Bylaws Committee. A special thanks to Linda Cooper and Kim Salonen, Lambda Pi members who attended the biennial convention and assisted with Gail's campaign.

Lambda Pi Chapter, Advertising Guidelines

If you would like an avenue to advertise upcoming scholarly events, including research or education conferences or workshops, *The Pillar* provides an opportunity to reach nurses in both academic and practice settings.

General Advertising Rates

<u># of pages</u>	<u>x 1 page</u>	<u>x 2 pages</u>
Full page	\$150.00	\$125.00
Half page	\$ 75.00	\$ 65.00
1/3 vertical	\$ 40.00	\$ 35.00
1/4 page	\$ 20.00	\$ 18.00
1/8 page	\$ 10.00	\$ 9.00

Closing Dates

Fall Edition (September)	August 1
Spring Edition (March)	February 1

For further information please call member voicemail at 416-978-8318

Annual Meeting: Guest Speaker, Elizabeth Peters RN, PhD
Meeting the Challenge of Power and Politics:
An Ethic of Trust for Nursing
by: Janice Wright, RN, MSc.

Elizabeth Peters, a graduate of the University of Toronto, Faculty of Nursing is the Nursing Coordinator at Queen Street Mental Health Centre. She presented an overview of her doctoral research at Lambda Pi's Annual Meeting in February.

The presentation addressed Ms. Peters work in developing an Ethic of Trust for nursing relationships and consisted of a review and discussion of the purpose, background, methodology, data collection techniques, and major concepts and circumstances relevant to the consideration and development of the ethic. The purpose of her research was to ground the Ethic of Trust in actual moral experience, using the "coherentism" methodology. Coherentism is described as coherence between the preliminary care ethic and actual moral experience.

Categories of concern derived from Feminist Ethics, gender differences and the integration of care and justice ethics were discussed and important values such as the development and maintenance of relationships, concern, justice, and freedom from exploitation and oppression, were identified in the development of the preliminary ethic. Then the preliminary ethic was tested by Ms. Peters using data from the College of Nurses of Ontario disciplinary hearings. The preliminary ethic was modified to incorporate the following themes: (a) the care of valued things; (b) honesty; (c) power differences; (d) encouragement and relationships; (e) competence; and (f) the network of trust.

In the second half of the presentation, a case example from clinical practice was used to demonstrate the Ethic of Trust. Each theme was identified within the context of the case example, points of intervention were examined, and Ms. Peters asked "What could be done to change this situation?" The case example clearly demonstrated the usefulness of the ethic in examining nursing behaviors in day to day clinical practice. The ethic was found to be applicable in nursing relationships with patients as well as in inter/intra professional relationships. Ms. Peters in her concluding remarks discussed the implications and future directions of her research: (a) Begin at home (it is important that nurses closely scrutinize their own practice and consider how they may be contributing to problems.); (b) Unity of Nurses; (c) Consciousness Raising; and (d) Collective Action.

Ms. Peters described her research as a work in progress and welcomed questions which could help further develop the Ethic of Trust. Questions were raised about the relevance of the ethic to other professions and the uniqueness of the ethic to nursing. In relationship to the education of nurses, Ms. Peters was asked "If the ethic of practice and the ethic of education are similar, if not identical, where do students learn the ethic of practice?" She responded that the themes identified in the presentation are all relevant to education and could link education to the ethical behaviour of practice and provide an opportunity for analysis of practice situations. Dean Pringle commended Ms. Peters for her interesting work and concluded that theories that help us to understand and better deal with the ordinary are extremely valuable.

*SIGMA THETA TAU
LAMBDA PI CHAPTER*



**8TH ANNUAL
INDUCTION CEREMONY**

**WEDNESDAY, MAY 20TH, 1998
MOUNT SINAI HOSPITAL AUDITORIUM
1900 HOURS**

**GUEST SPEAKER
DOROTHY PRINGLE, RN, PHD
DEAN, FACULTY OF NURSING**

*"Late-night musing on nursing education
by an aging Dean"*

**Refreshments to follow
PLEASE JOIN US!**

Members on The Move

In January 1998, Dorothy Ferguson was appointed to the position of Associate Executive Director, King Fahad National Hospital, Riyadh, Kingdom of Saudi Arabia. This followed her retirement in October 1997 from St. Joseph's Health Centre, Toronto, where for the past 22 years she had been employed as Vice-President. In recognition of her commitment to the education of nurses, her friends and colleagues established the Dorothy Ferguson Scholarship at the RNAO Foundation when she retired. The scholarship will be available to any diploma registered nurse pursuing a baccalaureate degree in nursing.

1997 Publications

Edwards, N. & Boulet, J. (1997). Implementing breast cancer screening guidelines: Results of the Ontario Health Status Survey. *American Journal of Preventative Medicine*, 13(2), 142-149.

Edwards, N. & Bovin, J. F. (1997). Ethnocultural predictors of infant-care behaviours among immigrants in Canada. *Ethnicity and Health*, 2(3), 163-176.

Edwards, N. & Sims Jones, N. (1997). A randomized controlled trial of alternative approaches to community health follow-up for postpartum women. *Canadian Journal of Public Health*, 88(2), 123-128.

Lyle, C. M., & Wells, D. (1997). Description of a self-care instrument for elders. *Western Journal of Nursing Science*, 19(5).

Ryerson School of Nursing Honour Society Communication Update

Greetings from the Ryerson School of Nursing Honour Society! It has been a busy time since our first induction ceremony last spring. We would like to update you on some of our recent and future activities.

Last October, 1997, Dr. Lesley Young-Lewis delivered an excellent presentation at our initial scholarly program. Lesley discussed her recently completed doctoral research emphasizing the importance of research-driven changes to nursing practice. The new Board of Directors for the Ryerson Honour Society was also inducted at that time. Members of the Board include:

President:	Linda Cooper	Secretary:	Martha Cole
Vice-President:	Adrienne Winslow	Treasurer:	Margaret HoSang
Faculty Counsellor:	Beth Swart; Faith Donald		

On March 5th, we held our second scholarly program. Heather Beanlands presented her doctoral research entitled, Representations in Chronic Illness: Implications for Nursing Practice. Heather's presentation was very informative and fostered lively discussion. The Annual General meeting followed the scholarly program.

As you may know Ryerson is turning 50 years old this year. There will be many celebratory events over the next several months. The School of Nursing will be an active participant in these celebrations. We will keep you informed of upcoming events and related Honour Society involvement. We continue to work on the plans to establish a Chapter-at-Large with the University of Toronto, Lambda Pi chapter of Sigma Theta Tau International.

Our second Induction Ceremony will be held on May 28, 1998 at 7:00 pm. We welcome everyone to join us in celebrating the accomplishments of our current and new members.

***Sigma Theta Tau
Lambda Pi Chapter
Member News Form***

We at Lambda Pi chapter are delighted to hear about member's achievements, appointments, publications and awards. We are pleased to carry announcements of such items in the "*Members on the Move*" or "*Chapter News*" or "*Publications*" section of the Newsletter. Please use this form to notify us of your accomplishments. Thank you!

Name: _____ Credentials: _____

Permanent Home Address: _____

City: _____ Province: _____ Postal Code: _____

Business Phone : _____ Home Phone: _____

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Current Chapter(s) Affiliation: _____

University of Your Respective Chapter(s): _____

Message : _____

Return to: Raquel Meyer (fax) 416 - 978-8222, Faculty of Nursing
University of Toronto, 50 St. George Street, Toronto, Ontario, M5S 1A1

Thank you to outgoing members of
Lambda Pi Board of Directors.

Gail Donner
Sharon Dore
Bonnie Stevens
Nancy Cybulski
Janet Beed

We are pleased to welcome new members
to the Board of Directors.

President ~ Janice Waddell
Secretary ~ Amy McCutcheon
Councillor ~ Jan Angus
By-Laws ~ Cheryl McCulloch
Communications ~ Elizabeth Wanacott
Director at Large ~ Linda McGillis-Hall
Newsletter Co-editor ~ Janice Wright

New members will be sworn in at the
May 20th Induction Ceremony.

Congratulations!

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